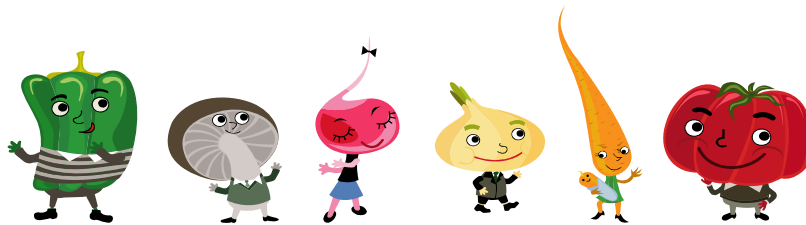




Summer Activity Book



Booklet created by the Foundation for Healthy Communities
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Snackin' Time on the Trail

Ingredients:

- 1/2 cup whole-wheat, corn, or rice squares cereal
- 1/4 cup toasted oat cereal
- 2 tablespoons raisins, dates, or other dried fruit
- 1 tablespoon unsalted peanuts



Directions:

1. Measure the cereal, dried fruit, and unsalted nuts into a cup.
2. Mix carefully.

Bean Bag Bucket "Fire" Brigade

Objective of the game: to use the beanbags ("water") to put the fire out!

How to play:

1. Place 2 flying discs or 2 buckets about 50 yards apart. Place 4 bean bags in one disc/bucket (you can also use rolled up socks, stuffed toys, etc.).
2. Have 3 or more children line up just behind one bucket, facing it, with the second bucket behind them (so children are between the two buckets).
3. The child closest to the bucket picks up a bean bag and passes it to the child behind them (this can be done over their head, around to the side, between the legs, etc.), then moves to the back of the line.
4. The next child repeats this process by again passing the beanbag to the child behind them and moving to the back of the line. This is repeated by the players until the group has reached the other bucket behind them.
5. The player in line who reaches the second bucket first drops the beanbag in the bucket.
6. Now all players run back to the first bucket and repeat the process until all bean bags are in the second bucket and the "fire" is out!

Suggestions: Have 2 or more groups of kids playing so they can put out multiple fires!



Fitness Tag

What you will need:

- 4 different colored soft objects (ball, bean bag, scarves, rubber chicken).
- 4 cones or something to mark the play area.



How to play:

1. Mark boundaries with 4 cones or another object.
2. Designate 4 children to be "Its." Give each "It" a different colored object to hold during the game.
3. Choose an exercise to go with each of the different colored objects the "Its" are holding (example: a red ball is 10 jumping jacks, a blue scarf is 10 push ups, a rubber chicken is balancing on one foot for 10 seconds, etc.).
4. Other players jog, skip, hop, gallop, or walk around play area.
5. On "go!" the "Its" try to tag the other students.
6. When students are tagged, they do an exercise based on the colored object that the "It" is holding. (If you look at the example exercises in #3 above, you would do 10 jumping jacks if the "It" holding a red ball tagged you).

Suggestion: After 3 minutes, change who is "It".



How many ways can you move?

F V U X X M A S G O Q M H P I F V Q I G
 X I W Y A N U Y E X G I J T Y N N S A F
 O J R D C R W G I A M H O S L P B N H U
 H I Q U P P R C L B D Q Q C W I Z N H A
 K R U Z N M T L E S D O E S H K U R X B
 U T S U G Q O M L D X M V U R S S Q F H
 Q Z E T J P O K N Z I K F C O W W K V K
 M J B V J R O I W C L L P P F Z R H J Z
 H O P L A Q D J K A C A S F Q K J I W A
 V L J I X O L J W H C E C N A D Y Q I N

DANCE

RUN

WALK

GALLOP

SKIP

HOP

SLIDE



Superstar Smoothie

Ingredients:

- 2 pints low-fat vanilla yogurt
- 2 ripe bananas
- 1 cup orange juice
- 1 cup blueberries, strawberries, or pineapple



Directions:

1. Peel and slice the bananas.
2. Add bananas, orange juice, and berries or pineapple to the yogurt.
3. In a blender or food processor, blend or mix the yogurt, orange juice, bananas, and other fruit together until smooth.
4. Pour into cups and enjoy!

Makes 8 six-ounce servings

Me and My Shadow

How to play:

1. Find a partner and spread out in the activity area. Make sure you know the boundaries.
2. One partner is the leader, the other is the shadow.
3. When you hear "go", leaders move around using different movements to try and keep away from their shadows.
4. Shadows use the same movement to try and stay as close as possible to their leader.
5. When you hear "freeze", all players should stop moving.
6. Shadows earn a point if they can touch their leader. Leaders earn a point if the shadow cannot touch them.
7. Switch jobs (leader becomes shadow and shadow becomes leader).



Hearty's Stellar Sundae

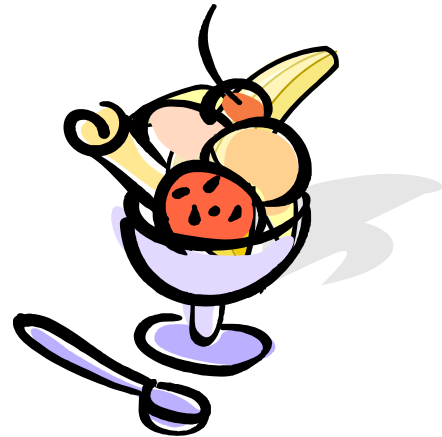
Ingredients:

- 1/2 cup low-fat flavored yogurt
- 1/2 graham cracker sheet
- 1/2 banana

Directions:

1. Measure the yogurt into cups.
2. Stir carefully
3. Break the graham cracker into small pieces and put on top of the yogurt.
4. Peel and slice the banana and place it on top of the sundae.

Serves: 1



Pyramid Puzzle

S Y V G Q Q J P P T H I K Y J M Z J X V J B P U T
L X M Y H O J X O H W V Z U M G B L E Y Q Y H Z V
Q N P E C X J L Z I D E U S I B T G A K R S S L A
T C Q U S P X P M Y J B N U L B D N H J D N F Q C
F P Y C Z N U B C S B I B Z K M P C E M J A W Q R
D R T V V M L U A C A L M I I H L E X L S E M X B
A E U E K A H P C R D S E X G V U U A U M B X B Q
F G V I E H F J G I R S L W A C A Z J A U D R U R
D T M E T H Q E Y L Q E Q W N Q N V W Z I N V P R
S P X H R S L O V R M M F H Q N X S A M A A Q P B
S S B Q Z O B Y K T U T H M U O P N X U R T G C F
U D E E H K Y Q D S T P N C L G N H E J R A O M F
B C E W M G R C U H U G E Z Q G V I T W L E I O C
E D K C V E G E T A B L E S O A W S D E X M C P J
Y N C X N P V Z P R X D B K J D L S N T R W N H O

FRUITS

MEAT AND BEANS

MILK

VEGETABLES

WHOLEGRAINS



Elephant's Favorite

Ingredients:

- 1 slice raisin bread
- 1 tablespoon peanut butter
- 1 banana



Directions:

1. Spread the peanut butter on the bread.
2. Peel the banana and cut it in half.
3. Slice each half of the banana in 2 long pieces.
4. Place the pieces of banana on top of the peanut butter.

Serves: 1

Foxes, Trees & Squirrels



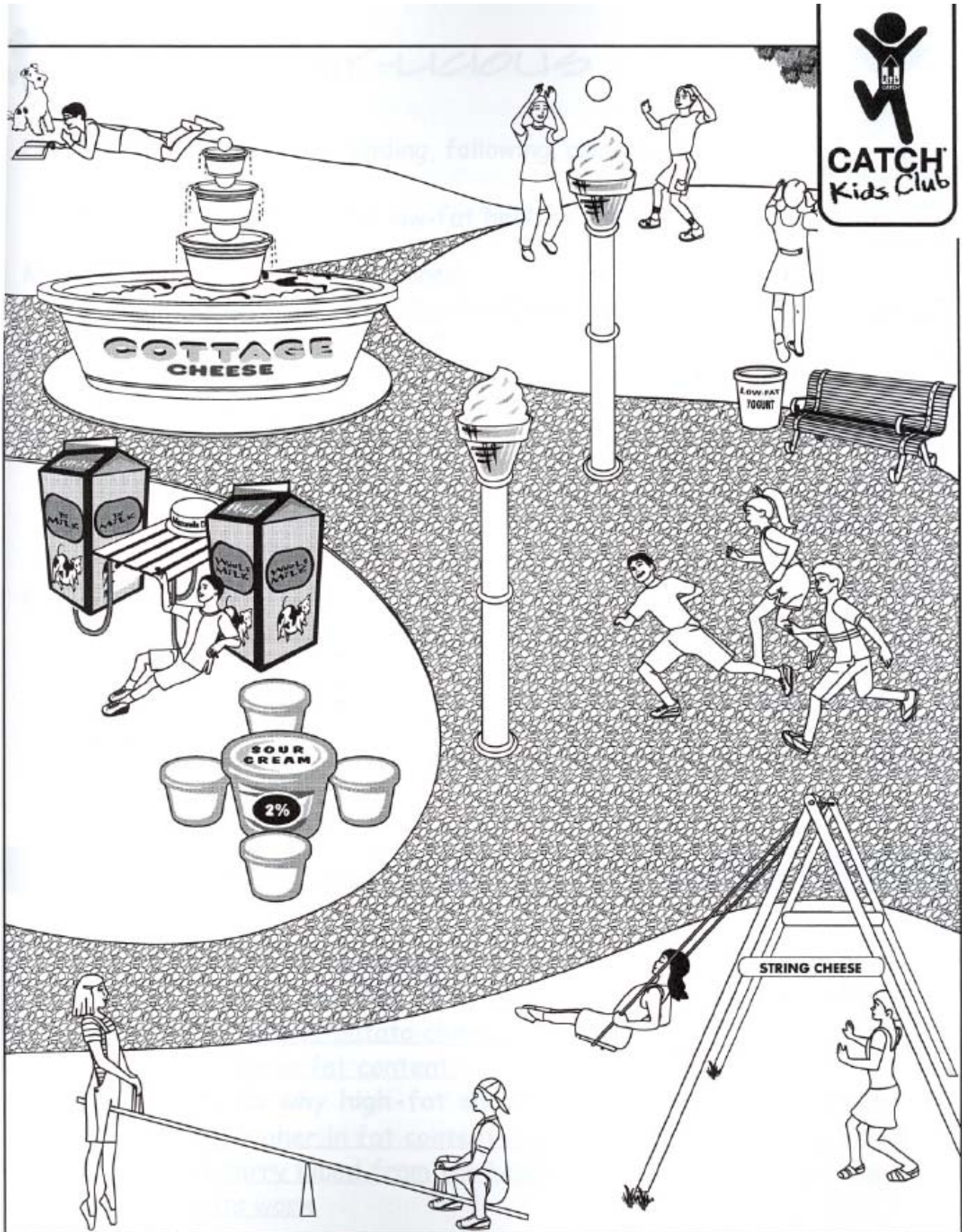
What you need:

- Scarves (for half of the players)
- Plastic hoops

How to play:

1. Players should spread out in the activity area with lots of room to run. Make sure you know where the boundaries are. Scatter several plastic hoops within activity area.
2. Give half of the players scarves. Players with scarves are "squirrels", players without scarves are foxes. Squirrels need to tuck a small portion of the scarves into the back of their waistbands for a "tail".
3. When you hear "go", foxes try to pull the tails of the squirrels. If a fox pulls a squirrel's tail, then the fox tucks the scarf into the back of their waistband and become a squirrel, and the squirrel becomes a fox.
4. Squirrels may hide from foxes by standing in a plastic hoop (trees). They may only stay in a tree for 5 seconds—they must count, "1 acorn, 2 acorn..."

Circle the hidden dairy foods.
Color the picture when you're done!



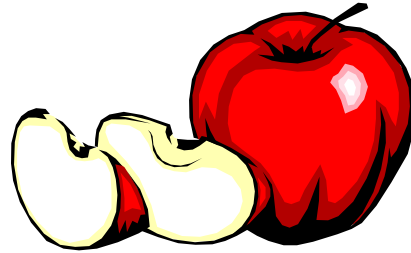
Apples 'n' Yogurt

Ingredients:

- 1/2 fresh apple (washed, cut into slices, but not peeled)
- 1 cup low-fat flavored yogurt
- 1/2 teaspoon cinnamon (optional)

Directions:

1. Measure yogurt into a cup.
2. Sprinkle cinnamon on the yogurt.
3. Dip the apple slices in the yogurt.



Serves 1

Fruit and Veggie Riddles

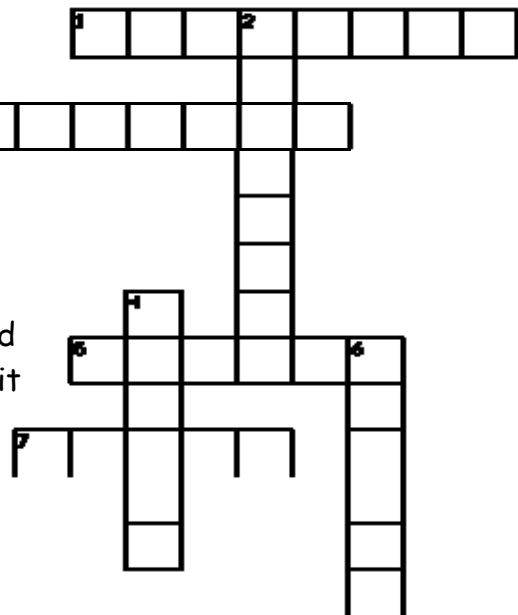


Across

1. A vegetable to eat with dip. It is green and looks like small trees.
3. A liquid that is made from a fruit whose name is the same as its color.
5. An orange, crunchy vegetable that is loved by rabbits.
7. A fruit that you eat by the bunch. They turn into raisins when they are dried in the sun.

Down

2. A vegetable that is green on the outside and white with seeds on the inside. You can eat it in slices, and pickles are made from it.
4. A yellow fruit that is easy to peel and eat and is a favorite of monkeys.
6. Put this in your sandwich. It is round, red, and lots of them are used to make spaghetti sauce.



Jackhammers



What you need:

- A basketball or playground ball for each player

How to play:

1. When you hear "go", start dribbling the ball in place (or bounce-catching) with one hand.
2. When you hear "stop", hold the ball in the ready position—with knees bent and both hands holding sides of ball with elbows out.
3. Repeat several times, then switch to the other hand.

Tips:

- Make sure to push the ball down, not slap it.
- Spread your fingers and dribble with the pads, not the tips of your fingers.
- Bend your knees and keep the ball below your waist.

Challenge:

- Try to keep your head up and your eyes off the ball.
- How many times can you bounce the ball in 30 seconds?
- How fast can you dribble?
- Add some movement! Start with walking, then try something quicker.

Play 'Go for Go'!

Grab a partner and use the 'Go for Go' cards on the next page for a fun guessing game. Cut out each card. Read the category at the top of the card (like 'kinds of berries'), then have your partner guess which three fruits or vegetables are written below (like 'strawberry, raspberry, cranberry')! Give one point for each correct guess. Try it in teams!



"Go for Go" Game Cards

**Fruits that can be green
either inside or out:**

Grapes

Kiwi

Apple

**Fruit with peelings you
usually eat:**

Peach

Apple

Pear

**Vegetables you can eat with
the peel on or off:**

Cucumber

Carrot

Potato

**Fruits you can add
to your cereal:**

Banana

Strawberries

Blueberries

**Vegetables that are
great on a sandwich:**

Lettuce

Tomato

Onion

**Fruits that begin
with a vowel:**

Apple

Orange

Apricot

**Crunchy Vegetables
you can eat raw:**

Celery

Broccoli

Cauliflower

Fruits that are red:

Strawberries

Cherries

Cranberries

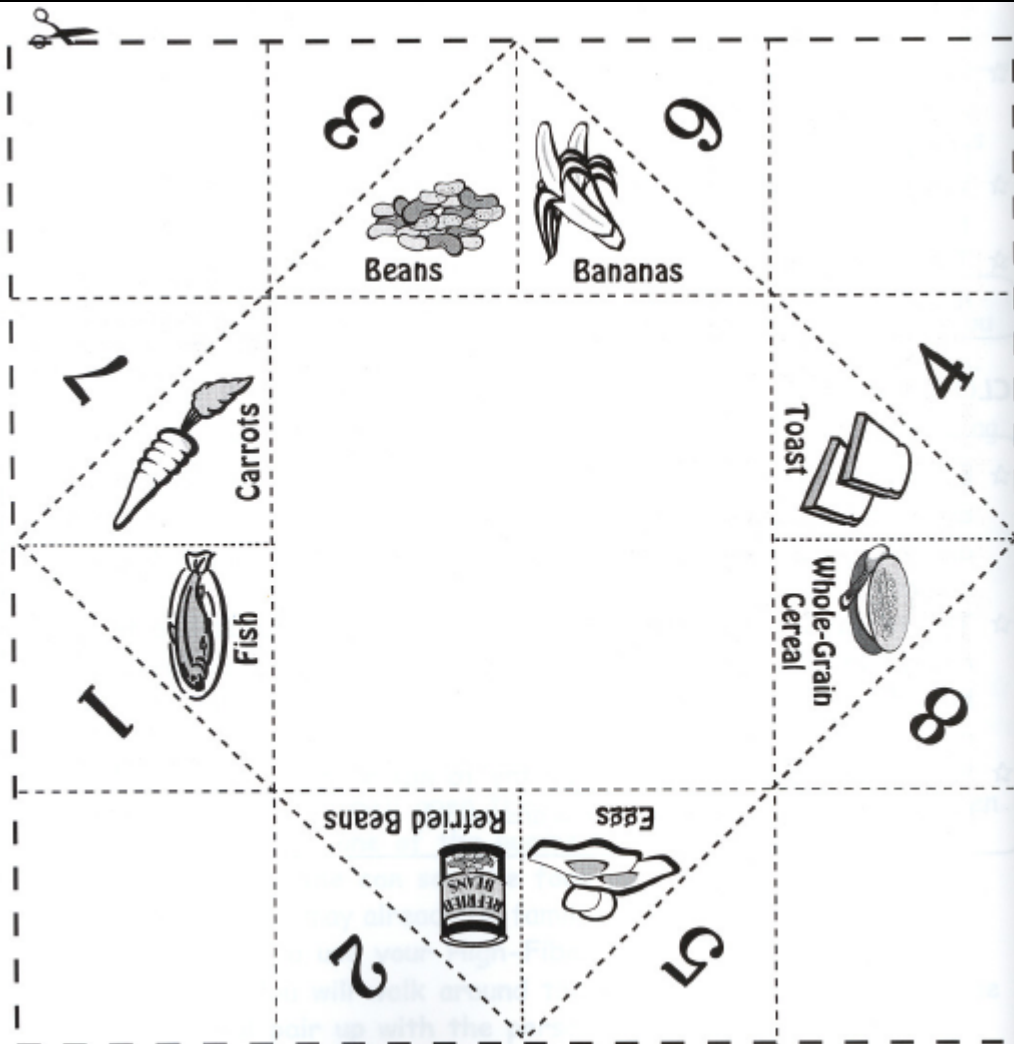
High Fiber Game

How to make the game:

1. Color the outline, then cut along the black lines.
2. Crease along all the grey lines.
3. Turn face down the side of the paper with the pictures.
4. Fold all four corners to the center.
5. Turn the folded paper over and fold all four corners to the center again.
6. Fold the paper into fourths.
7. Find the pouches where you put your thumbs and first fingers.

How to play the game:

1. Ask a partner to name a number between 1 and 8.
2. Open and close the game that number of times, then ask her to choose one of the numbers that is showing.
3. Unfold that number so she can see the food picture on it.
4. Ask your partner a question about that food.
 - Has she tried the food?
 - Does she like the food?
 - What kinds of things could you eat with the food?









MyPyramid Worksheet

Name: _____

MyPyramid FOR KIDS

Check how you did yesterday and set a goal to aim for tomorrow

Write In Your Choices From Yesterday	Food and Activity	Tip	Goal (Based on a 2000 Calorie Pattern)	List Each Food Choice In Its Food Group*	Estimate Your Total
Breakfast	Grains 	Make at least half your grains whole grains.	6 ounce equivalents (1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or ½ cup cooked rice, pasta, or cereal)		_____ ounce equivalents
Lunch:	Vegetables 	Color your plate with all kinds of great tasting veggies.	2½ cups (Choose from dark green, orange, starchy, dry beans and peas, or other veggies).		_____ cups
Snack:	Fruits 	Make most choices fruit, not juice.	1½ cups		_____ cups
Dinner:	Milk 	Choose fat-free or lowfat most often.	3 cups (1 cup yogurt or 1½ ounces cheese = 1 cup milk)		_____ cups
	Meat and Beans 	Choose lean meat and chicken or turkey. Vary your choices—more fish, beans, peas, nuts, and seeds.	5 ounce equivalents (1 ounce equivalent is 1 ounce meat, chicken or turkey, or fish, 1 egg, 1 T. peanut butter, ½ ounce nuts, or ¼ cup dry beans)		_____ ounce equivalents
Physical activity:	Physical Activity 	Build more physical activity into your daily routine at home and school.	At least 60 minutes of moderate to vigorous activity a day or most days.		_____ minutes

* Some foods don't fit into any group. These "extras" may be mainly fat or sugar—limit your intake of these.

How did you do yesterday? Great So-So Not So Great

My food goal for tomorrow is: _____

My activity goal for tomorrow is: _____

